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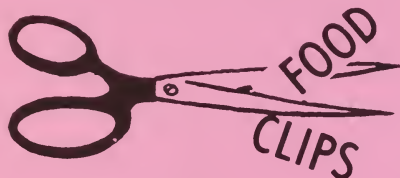
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Food and Home Notes

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Remember — U.S. Department of Agriculture nutritionists warn that you should not thaw commercially frozen stuffed poultry before baking. Put it directly into the oven.

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Serving scalloped oysters? They are highly perishable and need to be refrigerated or frozen until just before cooking. In serving, keep them hot (above 140F). Serve quickly; refrigerate leftovers immediately.

* * *

Cook turkey stuffing completely. It's safest to cook it separately from the turkey because stuffing inside a warm turkey is a breeding place for bacteria. But — if you do cook stuffing inside the turkey, be sure to cook it until the meat thermometer inserted into the stuffing reaches at least 165F.

* * *

The safest way to thaw a frozen turkey is in the refrigerator. If you must thaw it more quickly, put it in a waterproof plastic bag, seal tightly, and defrost it in cold water.

SAFETY FIRST

—— IF YOU SKI

Miles of "ski country" may be found in the National Forests operated by USDA's Forest Service. In order to provide information for the safest skiing possible, the Forest Service has published tips on safe skiing — how to mark a trail, trail closures, congested areas and details on safe skiing habits. Copies of the leaflet, "Ski Safely" FS 274, are available at National Forest ski areas or direct from the Forest Service.

"Snow Avalanche" (PA-1090) is the title of the leaflet concerning general rules for avoiding and surviving snow avalanches. If you're planning to go skiing in a National Forest, it is wise to also learn about the two principal types of snow avalanches — loose snow and slab avalanches; the latter causes most problems. Weight on the stressed snow slab is often enough to break the fragile bonds that hold it to the slopes. Learn the rules of the "snow country" by reading the information and then enjoying "Ski country". Both leaflets are available from the Forest Service, USDA, Washington, D.C., 20250.

ALMOST ALL YOU NEED TO KNOW ABOUT

Mushroom productivity in the United States has broken all records — during the 1974-75 crop year, mushroom production rose to nearly 299.1 million pounds according to figures from the Statistical Reporting Service of the U.S. Department of Agriculture. This is more than 7 percent above last year...which was also a record year for mushrooms..

In the thirty year period of 1930 to 1960 the U.S. consumption of mushrooms in this country tripled. And — within the last nine years (1966-75) the use of mushrooms has doubled. In 1974-5 it is reported that more than 350 million pounds of mushrooms (Including imported mushrooms) were used in this country. Why is this strange little fungus plant so popular? Since time immemorial, the mushroom, one of an enormous variety of plants of this type (there are about 40,000 species of fungi), has enjoyed a desirable position in the diet as a vegetable, a side dish — one to add zest and flavor to gravies, sauces soups and casseroles. They're 100% edible and there is no waste.

Mushrooms have a fascinating history stretching back to the days of the Romans when mushrooms were called the "Food of the Gods" and were served only on special occasions. According to folklore, the Romans thought that mushrooms provided warriors with unusual strength so they were fed mushrooms just before going into battle.

The ancient habit of eating "wild" mushrooms, however, caused its problems too, because it was difficult, then, just as it is now, to determine which were edible and which were not. Today, of course, cultivated mushrooms are available throughout the country and are safe. The cultivated type of mushrooms were even in demand in the 1700's during the reign of Louis XIV in France.

U.S. Department of Agriculture records show that the first mushroom producing center in this country was in the vicinity of New York City. In 1890, greenhouse operators near Kennett Square, Pa., started to grow mushrooms in the unused spaces under their greenhouse benches. It may have been the beginning or the founding of this industry in Pennsylvania which now boasts of supplying 60% of all the domestic mushrooms.

MUSHROOMS: A RECORD CROP

November and December — the traditional holiday months — are the big months for mushroom production. Perhaps that's one reason why the festive occasions of old made so much over the mushroom. The month with the least amount of mushroom availability, generally, is August.

Mushrooms were — and still are — used in religious observances in some countries. Primitive peoples, according to folklore, had great faith in this mystical fungi. Scientists today say that it is not true, as formerly believed, that darkness is required for growing good mushrooms. Suitable compost, good sanitation and constant temperatures are most important.

Most often we think of mushrooms as being small, but this is not necessarily so. A 40 pound wild mushroom was once reported in Salem, Oregon.

On buying mushrooms...Look for freshness, color and shape. Deterioration may be noted by a brown discoloration of the surface and by opening of the veils. The size of the mushroom is not an indication of tenderness, since caps on one to three inches in diameter may be of the same maturity. But small to medium young mushrooms usually are the best according to marketing specialists at the U.S. Department of Agriculture. Some consider button mushrooms, picked before the cap has flattened, to be more delicate than larger ones. The cap usually is more tender than the stem. However, large mushrooms usually bring a higher price than the buttons. About ninety percent of the mushrooms sold now are white.

On storing or keeping mushrooms... Low temperature is important. Even in marketing they are maintained at a low temperature and in the home they keep best at about 32 degrees, and even at this temperature should be used within five days. If you're planning on freezing mushrooms at home you should select mushrooms that are free from spots and decay and sort according to size..wash thoroughly in cold water steam or heat, then cool and put into containers. Leave about an inch of "head space" above the mushrooms and then seal and freeze.

WORLD FOOD PRICES

— AND WHERE WE ARE

Retail food prices are reported by U.S.

Agricultural Attachés in important world capitals as of the first Wednesday of every other month. Prices are converted on the basis of actual exchange values on the date of the survey, and these conversions affect comparisons between time periods.

Exact comparisons are not possible because the quality and availability of specific items vary among countries.

This September survey shows higher meat prices in the majority of the world capitals, compared with prices reported in July. Cooking oil prices trended downward in this report in 12 capitals.

Boneless sirloin steak in September was priced from .51 a pound in Buenos Aires to \$16.76 in Tokyo. In Washington, D.C. it was \$1.96.

The bimonthly chart prepared by the Foreign Agricultural Service of USDA will be a regular feature in Food and Home Notes.

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SURVEY OF RETAIL FOOD PRICES IN SELECTED WORLD CAPITALS, SEPTEMBER 3, 1975
[In U.S. dollars per lb. converted at current exchange rates]

City	Steak, sirloin, boneless	Roast, chuck, boneless	Pork chops	Ham, canned	Bacon, sliced, pkgd.	Broilers, whole	Eggs, dozen	Butter	Cheese: Edam, Gouda, or Cheddar	Milk, whole, quart	Oil, cooking, quart	Tomatoes	Onions, yellow	Apples	Oranges, dozen	Bread, white, pkgd.	Rice	Sugar
Bonn	4.23	2.64	2.27	(¹)	3.35	0.81	0.90	1.44	1.67	0.40	1.36	0.49	0.35	0.44	1.84	0.35	0.50	0.33
Brasilia	.71	.45	1.07	1.94	2.53	.51	.61	1.25	1.34	.23	.90	.21	.37	.22	.42	.33	.25	.13
Brussels	3.84	1.95	1.92	2.51	2.53	.98	.99	1.50	1.76	.39	1.21	.42	.19	.34	.78	.26	.42	.26
Buenos Aires	.51	.42	.51	(¹)	(¹)	.31	.40	.85	1.36	1.14	.93	.74	.41	.12	.67	.25	.28	.27
Caberna	1.40	.76	1.35	2.42	2.18	.96	1.11	.93	1.40	.43	1.55	.76	.18	.24	1.08	.30	.33	.17
Copenhagen	4.71	2.05	2.51	2.92	2.45	.96	1.14	1.50	1.37	.36	1.66	.98	.45	.42	1.57	.50	.48	.28
London	2.87	1.16	1.61	1.35	1.56	.66	.76	.68	.93	.22	1.52	.44	.13	.38	1.65	.20	.26	.26
Mexico City	1.45	1.16	1.41	2.95	1.71	.87	1.10	1.57	3.21	.30	1.36	.36	.26	.23	.44	.28	.36	.08
Ottawa	2.21	1.24	2.32	2.38	2.13	.92	.89	1.04	1.50	.52	1.58	.38	.38	.53	.95	.48	.51	.29
Paris	3.02	1.55	2.09	2.60	1.86	1.01	1.02	1.63	1.64	.35	1.32	.23	.30	(¹)	1.26	.73	.34	.24
Rome	3.50	2.23	2.10	3.13	1.81	1.08	1.14	1.86	1.53	.40	1.09	.28	.21	.35	(¹)	.41	.32	.32
Stockholm	4.84	1.93	2.32	2.66	2.25	1.04	1.29	1.36	1.82	.30	² 4.23	.96	.45	.59	1.65	.78	.47	.27
The Hague	3.35	2.23	2.15	2.05	3.28	.68	1.02	1.37	1.62	.32	.95	.19	.15	.17	.88	.23	.40	.27
Tokyo	16.76	5.11	2.90	4.10	3.70	1.07	.94	1.96	1.79	.64	1.70	.36	.14	.91	4.70	.45	.40	.44
Washington	1.96	1.39	1.96	2.05	2.19	.64	.81	1.08	1.66	.46	1.70	.49	.28	.45	1.58	.53	.42	.34
Median	3.02	1.55	2.09	2.51	2.19	.92	.99	1.37	1.62	.36	1.36	.42	.26	.36	1.17	.35	.40	.27

¹ Not available.

² Not commonly used for cooking.